

Calgary Ability Network (CAN) Recreation Table: COVID-19 PPE Strategies, Suggestions and Sources

Purpose of this document: PPE (Personal Protective Equipment) has been recommended for use by professionals involved in supporting others. To this end the CAN Recreation Table Relaunch Committee is offering the following guidelines for disability service providers.

Please note! All policies, protocol and recommendations are based on the current guidelines put forth by the Alberta Government & Alberta Health Services as we understand them. As COVID-19 evolves these guidelines are subject to change and we have included links throughout for reference to the Alberta Government website or Alberta Health Services website.

What to Use?

When supporting others in possible close contact the following PPE should be considered:

- A face mask/facial covering
- Gloves
- Hand sanitizer
- Where or when applicable a disposable gown (in cases where personal hygiene procedures are required)

To this end each of these sections will provide an explanation of the equipment listed and links to sites explaining and demonstrating the recommended donning (putting on) and doffing (taking off) of such equipment.

1. Masks:

Information/Resources:

- Alberta Government information regarding masks (why use a mask, how to use a mask, how to care for your mask, how to make/buy masks, etc):
<https://www.alberta.ca/masks.aspx#toc-2>
- [COVID-19 - How to Wear a Non-Medical Mask Poster \(Colour\)](#) (Alberta Government How To Poster)
- How to put on and take off masks: [Vanch Mask Adjustments, Donning and Doffing](#)

Buying Masks/PPE: Organizations can connect to suppliers of personal protective equipment (PPE) through: <https://nexus.atb.com/products/list/> OR <https://www.rrpCanada.org/#/>

Types of Masks

Resources here explain the various types of masks and when each type should be used: [Personal Protective Equipment \(PPE\) and Non-medical Masks for Non-Health Care Settings Respirator](#)

- **Cloth Masks:** [COVID-19 Guidance for Wearing Non-Medical Face Masks for the General Public \(May 2020\)](#)
- **Medical Masks:** *(Includes N95 masks, Surgical or Procedural Masks):* [Personal Protective Equipment \(PPE\) and Non-medical Masks for Non-Health Care Settings Respirator](#)

2. Gloves:

Information/Resources:

- [Glove Use and Selection](#)
- Proper Glove Use as part of Personal Protective Equipment: <https://www.albertahealthservices.ca/ipc/hi-ipc-glove-fact-sheet-CC.pdf>
- To decide what glove to use the easiest thing is to follow this chart (AHS Selection Info): [Glove Selection Algorithm](#)

The use of nitrile gloves is recommended. Though some people may have an allergy to accelerators used in the manufacturing of nitrile gloves, it is extremely rare. We could not find any reporting of a critical reaction to nitrile gloves.

3. Hand Sanitizer:

Please note! To be used only if soap and water are not available! The use of alcohol-based hand sanitizers as a means of maintaining proper hand hygiene is recommended/endorsed by the Government of Canada and Alberta Health Services. The same time frames and techniques for application and ‘washing’ are recommended with hand sanitizers as washing with soap and water.

Information/Resources:

- There are several hand sanitizer options available. Alcohol-based hand sanitizer seems to be the prevailing model or “front-runner”. **Most sources quote a minimum of a 60% alcohol content in a hand sanitizer with the recommendations ranging up to 80% alcohol content.**
- How to Use Alcohol-based Hand Rub:
<https://www.albertahealthservices.ca/assets/healthinfo/ipc/hi-ipc-flu-hand-rub-how-to.pdf>
- [Alcohol-Based Hand Rub Safety Guidelines Updated SPN](#)

4. Disposable gowns:

Information/Resources:

- In cases where support with personal hygiene is necessary, it is not mandatory to wear a gown. A gown may in fact cause anxieties for those we support. Where one is needed here are some useful and helpful guidelines and procedures:
<https://www.albertahealthservices.ca/ipc/hi-ipc-routine-practices-info.pdf>
- As with other items the donning and doffing of these is very important. Here is an AHS poster that summarizes the “How To’s” of donning and doffing: [Donning Personal Protective Equipment](#)